



BREAKFAST @SCHOOL

For first-class learning!


Breakfast Menu



BREAKFAST MENU FOR APRIL 2019

This institution is an equal opportunity provider. Menu is subject to change.








PRICES (NON-CEP)*

Elementary Breakfast: \$0.75
 Secondary Breakfast: \$0.90
 Adult Breakfast: \$2.50
 Milk: \$0.50

*If your school is participating in CEP (Community Eligibility Provision), the first meal for daily Breakfast is provided at no charge to all Students.

VISIT OUR WEBSITE!
WWW.REDCLAYCAFE.COM

Follow us @redclaycafe on:

Monday, April 1 <u>Breakfast of the Day</u> Assorted Cereal Fresh Assorted Fruit	Tuesday, April 2 <u>Breakfast of the Day</u> Breakfast Sandwich Dried Fruit Pack	Wednesday, April 3 <u>Breakfast of the Day</u> Cinnamon Roll Fresh Assorted Fruit	Thursday, April 4 <u>Breakfast of the Day</u> Piggle Stick Dried Fruit Pack	Friday, April 5 <u>Breakfast of the Day</u> Cinnabar Fresh Assorted Fruit
Monday, April 8 <u>Breakfast of the Day</u> Assorted Cereal Fresh Assorted Fruit	Tuesday, April 9 <u>Breakfast of the Day</u> Gourmet French Toast Dried Fruit Pack	Wednesday, April 10 <u>Breakfast of the Day</u> Mini Cinnis Fresh Assorted Fruit	Thursday, April 11 <u>Breakfast of the Day</u> Piggle Stick Dried Fruit Pack	Friday, April 12 <u>Breakfast of the Day</u> Confetti Mini Pancakes Fresh Assorted Fruit
Monday, April 15 <u>Breakfast of the Day</u> Assorted Cereal Fresh Assorted Fruit	Tuesday, April 16 <u>Breakfast of the Day</u> Breakfast Sandwich Dried Fruit Pack	Wednesday, April 17 <u>Breakfast of the Day</u> Cinnamon Roll Fresh Assorted Fruit	Thursday, April 18 <u>Breakfast of the Day</u> Piggle Stick Dried Fruit Pack	Friday, April 19 No School Today Spring Break!

Available Daily!

- ◆ 100% Fruit Juice and Assorted Fruit Cups
- ◆ 1% White, Skim White, Chocolate or Strawberry Milk Choices
- ◆ Choice of Cereal, Oatmeal, or Yogurt with Graham
 - ◆ Fruit & Yogurt Smoothies every Tuesday, Wednesday and Thursday!
- ◆ Mini Fruit & Yogurt Parfaits every Tuesday & Thursday!

SPRING BREAK

Break begins at the end of classes:

Thursday, April 18

Classes resume:

Monday, April 29

Monday, April 29 <u>Breakfast of the Day</u> Assorted Cereal Fresh Assorted Fruit	Tuesday, April 30 <u>Breakfast of the Day</u> Gourmet French Toast Dried Fruit Pack
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Featuring Healthy Fruits & Grains!



Red Clay Consolidated School District

THOMAS EDISON LUNCH MENU

APRIL 2019



PRICES (NON-CEP)*

Elementary Breakfast: \$0.75
 Secondary Breakfast: \$0.90
 Elementary Lunch \$1.50
 Secondary Lunch \$1.75
 Milk \$0.50
 Adult Breakfast \$2.50
 Adult Lunch \$3.75

VISIT OUR WEBSITE!
WWW.REDCLAYCAFE.COM

Follow us @redclaycafe

DID YOU KNOW?

Red Clay offers Vegetarian meals! Visit www.redclaycafe.com and pre-order your vegetarian meal today!

*If your school is participating in CEP (Community Eligibility Provision), the first meal for daily breakfast and lunch is provided at no charge to all students.

Menu is Subject to change without notice.

USDA is an equal opportunity provider and employer.



Available Daily

New! Assorted Salads, Jamwich Packs ♡, Dairy Lunchables ♡, Fruit & Yogurt Smoothies ♡, Fruit & Yogurt Parfaits ♡

Pizza Lunchables available Tuesday & Thursday
 Low-Fat Plain Milk Fat-Free Plain, Chocolate & Strawberry Milk
Fresh Fruit & Vegetables available daily to add a healthy dose of flavor, vitamins, minerals and colors to your meal!

♡ - Vegetarian Entrée Option

YOU'RE GETTING WARM.



One of the best ways to avoid getting hurt – playing a sport, in gym class, and even on the playground – is to stretch out a little first and start off slowly before you go all out.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Go Tray-less

for National Earth Month!

Red Clay Café is trying to reduce it's carbon footprint, But we can't do it without your help! For National Earth Month we challenge you to go tray-less! Look out for the Tray-less calendar in you cafeteria for days where it is easy to Leave your tray behind and grab your meal in a boat!



Monday, April 1	Tuesday, April 2	Wednesday, April 3	Thursday, April 4	Friday, April 5
Choice of One Cheese Pizza Dippers ♡ With Marinara Sauce Tuna Salad Sandwich Assorted Salads	Choice of One Tasty Beef Chili With Bavarian Pretzel Roll Chicken Salad on Ciabatta Assorted Salads	Choice of One Breakfast Sausage With French Toast Sticks Turkey & Cheese Sandwich Assorted Salads	Choice of One Meatball Parmesan Sandwich Buffalo Chicken & Cheese Sandwich Assorted Salads	Choice of One Vendor Pizza! ♡ Assorted Deli Sandwiches Assorted Salads
Fruit & Vegetable Sides Warm Buffalo Chicken Soup Peach Cup Fresh Assorted Fruit Crazy Bean Salad	Fruit & Vegetable Sides Hashed Potatoes Cool Mixed Fruit Fresh Assorted Fruit Fresh Red & Yellow Peppers	Fruit & Vegetable Sides Roasted Butternut Squash Fresh Fruit Combo Fresh Assorted Fruit Fresh Broccoli Florets & Celery Sticks	Fruit & Vegetable Sides Roasted Broccoli Chilled Pears Fresh Assorted Fruit Fresh Cucumbers with Hummus Dip	Fruit & Vegetable Sides Steamed Peas & Corn Chilled Cinnamon Apple Slices Fresh Assorted Fruit Fresh Carrot Sticks
Monday, April 8	Tuesday, April 9	Wednesday, April 10	Thursday, April 11	Friday, April 12
Choice of One Cheeseburger on Bun Tuna Salad Sandwich Assorted Salads	Choice of One Popcorn Chicken with Bakery Garlic Roll Buffalo Chicken & Cheese Sandwich Assorted Salads	Choice of One Nacho Supreme with Tostitos Turkey & Cheese Sandwich Assorted Salads	Choice of One Crispy Fish Sticks Chicken Salad Sandwich Assorted Salads	Choice of One Pizza w/ Whole Grain Crust ♡ Assorted Deli Sandwiches Assorted Salads
Fruit & Vegetable Sides Warm Baked Beans Chilled Pears Fresh Assorted Fruit Fresh Carrot Sticks	Fruit & Vegetable Sides Tasty Collard Greens Fresh Orange Wedges Fresh Assorted Fruit Fresh Red & Yellow Peppers	Fruit & Vegetable Sides Steamed Corn Juicy Peaches Fresh Assorted Fruit Black Bean & Mango Salad	Fruit & Vegetable Sides Old Bay French Fries Fresh Fruit Combo Fresh Assorted Fruit Fresh Cucumbers & Celery	Fruit & Vegetable Sides Steamed Peas & Carrots Fresh Apple Slices Fresh Assorted Fruit Raw Vegetables

April is National Garlic Month!

Garlic is closely related to onions, shallots and leeks and is used as a seasoning. Although used as a spice, this food packs a powerful punch of vitamins and minerals to keep you healthy! Not only that, but it tastes great too!



Monday, April 15

Choice of One

Chicken Sausage Patties
With French Toast Sticks
Tuna Salad Sandwich
Assorted Salads

Fruit & Vegetable Sides

Roasted Butternut Squash
Peach Cup
Fresh Assorted Fruit
Fresh Cauliflower Florets &
Celery Sticks

Tuesday, April 16

Choice of One

Macaroni & Cheese
Chicken Salad Ciabatta
Assorted Salads

Fruit & Vegetable Sides

Roasted Broccoli
Fresh Grapes
Fresh Assorted Fruit
Fresh Celery Sticks & Hummus
Dip

Wednesday, April 17

Choice of One

Zoo Animal Shaped Nuggets
With Zebra Pasta Salad
Turkey & Cheese Sandwich
Assorted Salads

Earth Day Sugar Cookie

Fruit & Vegetable Sides

Roasted Purple Potatoes
Berry Blue Gelatin
Fresh Assorted Fruit
Fresh Carrot Sticks

Thursday, April 18

Choice of One

Vendor Pizza!
Buffalo Chicken & Cheese
Sandwich
Assorted Salads

Fruit & Vegetable Sides

Steamed Peas & Carrots
Chilled Pears
Fresh Assorted Fruit
Fresh Carrot Sticks

Friday, April 19

No School
Today!

Have a great
Spring Break!



What's on
YOUR
plate?

Q: What's the GOOFIEST
thing about a GOOBER?

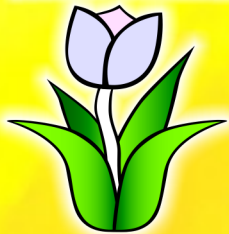


A: "Goobar" is another name for a peanut,
and the goofiest thing about a peanut is
that it's not really a nut at all! Peanuts are
really beans that grow under ground. Real
nuts are sometimes called "tree nuts."

Learn more at www.CHOOSEMYPLATE.gov or
http://kidshealth.org/kid/stay_healthy/food/pyramid.html

S P R I N G

B R E A K



Break begins at the end of classes:
Thursday, April 18

Classes resume:
Monday, April 29

Monday, April 29

Choice of One

Chicken Patty Sandwich
Tuna Salad Sandwich
Assorted Salads

Fruit & Vegetable Sides

Roasted Parmesan Green Beans
Strawberry Cup
Fresh Assorted Fruit
Chipotle Black Bean Salad

Tuesday, April 30

Choice of One

Mandarin Orange Chicken
With Fried Rice
Buffalo Chicken & Cheese
Sandwich
Assorted Salads

Fruit & Vegetable Sides

Malibu Blend Vegetables
Pineapple & Mandarins
Fresh Assorted Fruit
Fresh Broccoli Florets & Red
Peppers

NUTRITION TO GO

Experts recommend that we eat at
least 20-30 grams of fiber a day -- but
most Americans consume less than half
that much. Good sources are grains,
fruits, vegetables, and beans. Check
the labels on foods, like your favorite
breakfast cereal -- some cereals
provide ten or more grams of
fiber per bowl, but shoot for
at least three.

A QUICK BITE FOR PARENTS

**The Red
Clay Lunch
Box is
Back!**



Red Clay School District
**SUMMER
FEEDING
PROGRAM**

Red Clay Café is serving
students during Summer Break!
Summer locations, meal times
and food truck stops will be
posted soon!